

(COMPETITION NAME)
Calisthenic Solo



Section: _____

Item No: _____

Colour: _____

Adjudicator: _____

	20	Freearm Technique	TECHNIQUE
	20	Dance Technique	
	30	Choreography & Musical Choice	CHOREOGRAPHY
	10	Interpretation	PERFORMANCE
	20	Quality of Performance	
		DEDUCTION/ADDITION Technical Rule No:	
	100	TOTAL	
	PLACE/RANKING		

(COMPETITION NAME)
Graceful Solo



Section: _____

Item No: _____

Colour: _____

Adjudicator: _____

	10	Grace & Poise	TECHNIQUE
	15	Aesthetic Technique	
	15	Dance Technique	
	30	Choreography & Musical Choice	CHOREOGRAPHY
	10	Interpretation	PERFORMANCE
	20	Quality of Performance	
	DEDUCTION/ADDITION Technical Rule No:		
	100	TOTAL	
	PLACE/RANKING		

(COMPETITION NAME)
Duo



Section: _____

Item No: _____

Colour: _____

Adjudicator: _____

	20	Freearm Technique	TECHNIQUE
	20	Dance Technique	
	30	Choreography & Musical Choice	CHOREOGRAPHY
	10	Interpretation	PERFORMANCE
	20	Quality of Performance	
	DEDUCTION/ADDITION Technical Rule No:		
	100	TOTAL	
	PLACE/RANKING		

(COMPETITION NAME)
Trio



Section: _____

Item No: _____

Colour: _____

Adjudicator: _____

	20	Freearm Technique	TECHNIQUE
	20	Dance Technique	
	30	Choreography & Musical Choice	CHOREOGRAPHY
	10	Interpretation	PERFORMANCE
	20	Quality of Performance	
	DEDUCTION/ADDITION Technical Rule No:		
	100	TOTAL	
	PLACE/RANKING		

(COMPETITION NAME)
Open & Open Reserve Calisthenic Solo



Section: _____

Item No: _____

Colour: _____

Adjudicator: _____

	15	Freearm Technique	TECHNIQUE
	15	Dance Technique	
	30	Choreography, Musical Choice & Complexity	CHOREOGRAPHY
	10	Interpretation	PERFORMANCE
	10	Control of Movement	
	10	Command of Stage	
	10	Impact of Performance	IMPACT
	DEDUCTION/ADDITION Technical Rule No:		
	100	TOTAL	
	PLACE/RANKING		

(COMPETITION NAME)
Open & Open Reserve Graceful Solo



Section: _____

Item No: _____

Colour: _____

Adjudicator: _____

	10	Grace & Poise	TECHNIQUE
	10	Aesthetic Technique	
	10	Dance Technique	
	30	Choreography, Musical Choice & Complexity	CHOREOGRAPHY
	10	Interpretation	PERFORMANCE
	10	Control of Movement	
	10	Command of Stage	
	10	Impact of Performance	IMPACT
DEDUCTION/ADDITION Technical Rule No:			
	100	TOTAL	
	PLACE/RANKING		

(COMPETITION NAME)
Open Duo



Section: _____

Item No: _____

Colour: _____

Adjudicator: _____

	15	Freearm Technique	TECHNIQUE
	15	Dance Technique	
	30	Choreography, Musical Choice & Complexity	CHOREOGRAPHY
	10	Interpretation	PERFORMANCE
	10	Control & Uniformity of Movement	
	10	Command of Stage	
	10	Impact of Performance	IMPACT
	DEDUCTION/ADDITION Technical Rule No:		
	100	TOTAL	
	PLACE/RANKING		

(COMPETITION NAME)

